

February 2008

Facets

for women

Relationship Rx:

**A chat with
a mental health
counselor**

How we met:
four area couples
share their stories

**Fall in love
with morning**
with honey-oatmeal muffins

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hue & cry

Definition: Any loud clamor or protest intended to incite others to action.

Create a New Tradition: A Memorable Way to Nurture Relationships

By JOLENE PHILO



The older I get, the more I value relationships. And family relationships have become the most valuable of all. Over the years, my big sister has taught me a lot about how to nurture those relationships by creating memorable family traditions.

The first lesson came over 20 years ago when my sister suggested a reunion camping weekend for the

branches of our extended family that grew up in the same small Iowa town. Our baby boomer generation established the gathering in 1986, but for the last several years our children's millennial generation has defined it.

During each reunion, the millennial cousins film a new edition of S.O. Weird Cousins TV. Just before we go home, we view their newest creation ... and all their previous ones. The relationship amongst the younger crowd is so sweet and strong that last summer, the female cousins planned their own girls' weekend. They just couldn't wait until the official reunion to be together.

My sister taught me a second lesson about five years ago. Our Christmas gift-giving ritual needed a make over since our children were becoming adults. She suggested that after opening our serious presents, we have a white elephant exchange.

Blessed with a five dollar spending limit and an abundance of creativity, the idea was a hit. All year we haunted thrift stores, clearance sales and the Target dollar bins for tacky stuff.

Each year the stealing free-for-all phase of the exchange reveals the value tacky merchandise holds for certain family members. Lighted antlers are worth their weight in gold to schoolteachers. Teenagers snap up cheesy fake teeth, mustaches and noses. Aging baby boomers fight for possession of Beverly Hillbillies DVDs. One fifty-something writer, determined to nab an EasyBake oven, was observed begging and pleading to keep her prize.

Year by year, the white elephant traditions evolve. Everyone

avoids taking home the Christmas at the Ponderosa CD when it reappears. Funny teeth and fake noses are written into S.O. Weird Cousins videos. Pictures of grandparents, aunts, uncles and cousins posing with their loot are furiously emailed back and forth.

Our traditions aren't earthshaking. They don't contribute to world peace. They don't counteract the effects of global warming. They don't ease the sub-prime lending debacle.

But, they add layers to our relationships. For our children, poised on the edge of adulthood, they provide the assurance of a family waiting to embrace and encourage them as they step into a confusing, imperfect world.

The people in your life need assurance, too. So this month, nurture your important relationships, whether they're romantic and plutonic, by creating new traditions. Plan a mother-daughter weekend, record your "how we met" story to share with your grandchildren or fix your sweetheart's favorite meal.

Don't think your idea is silly, and don't wait to get started. These last, cold weeks of winter provide the perfect time to nurture your relationships by starting a new tradition.

If you need a little help getting started, send me an email, and I'll check with my big sister. She'll come up with some crazily perfect suggestion. She always does.

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Relationships

Next month:
Forward-thinking women

WELCOME TO Facets

Facet > 1. One of the flat surfaces cut on a gemstone.

2. The particular angle from which something is considered.

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Cover photo:

Mental health counselor, Lisa Griffith, with her dog, Diva.

By Nirmalendu Majumdar

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Photo by Small Dog Productions/232-3203



photo by Jolene Philo

Questions or comments?

E-mail Dave Kraemer at
dkraemer@amestrib.com

[HAPPY OLD LADY]

Wittenberg SWEETHEARTS

FOR OVER 50 YEARS

By NANCY LEWIS

We met in the fall of 1951, in the Wittenberg College band. His name was Ed Lewis. He played trumpet, very well. I played clarinet, not so well. At first, we didn't really notice each other. Then I got an academic award, and he became aware of me. He led a combo for an amateur entertainment, the Freshman Follies, and I became aware of him.

Our sophomore year started with both of us being student helpers for Freshman Week. He asked me to go with him to the end-of-the-week dance. I really didn't want to go with a date, but I let him talk me into it. I treated him badly at the dance, and that might have been that. But his more worldly cousin told him that if he asked a girl out once, he should ask her out twice. So, in October he did.

College social life was very different in those days. Early marriage was the expected thing, and it was assumed that all of the girls, and most of the boys, were looking for a spouse. This was particularly true at Wittenberg, a Lutheran college with a large number of male students who were planning on being pastors, and a large number of female students who, since they couldn't be pastors, felt they were called to be pastors' wives. Wittenberg shared a campus with a theological seminary, and the seminary dean was particularly anxious that "his boys" be married before they entered seminary. That way, the wives could be trained by the faculty wives in how to be



Contributed photo

continued on page 6

continued from page 5

pastoral helpmates. One desperate young man was known for asking girls out three times and proposing on the third date. Very few girls dated him more than twice!

In addition to the would-be pastors, we also had a large older student population, the ex-G.I.s. They had come back from World War II and were going to college on the G.I. Bill. Many of those who were not already married were eager to settle down. At the other end of the age range, the young men — who were deferred from the military draft because of being college students — knew that early marriage and parenthood were likely to gain them additional deferment after graduation.

Any girl who wanted could have a lot of guys asking her out. I had two additional advantages. My father was a professor at Wittenberg, so I lived at home. I had responsibilities, like fixing meals and babysitting my younger sister, but I wasn't restricted by the dorm and sorority hours imposed on women students. Men had no such restrictions, except that they could never have women in their rooms. Women had to be in the dorm or sorority house by 10 p.m. Monday through Thursday, and by midnight on Friday, Saturday and Sunday. The restrictions were even tighter for freshman women. Men were never allowed

above the first floor in sorority houses or dorms.

My other advantage was that, on a campus where ninety-five percent of the women students belonged to a sorority, I was independent. I think my mother would have liked me to join a Greek group, but my father saw the whole Greek system as a threat to academic achievement. I chose not to pledge my first semester, and watched a good friend get badly hurt when her first choice house rejected her at the end of pledge week. I never again thought about joining.

When Ed asked me out in October, I was seeing six other fellows as well. Sometimes I had a "Coke date" during the day and a study date with a different guy that same night. One man, a veteran, was twenty-nine to my nineteen. While I liked him quite a bit, I realized that the age gap was just too great. Another, whom I had dated at the end of our freshman year, had transferred from Wittenberg to Ohio State, and the forty-mile distance was too much for that relationship. But I still had a busy social life.

Ed and I had a better time on our second date, so he asked me out a third time. We found that we had a lot in common. I realized that his conversation

was more interesting and intelligent than that of the other men I was seeing. Although I never rejected any of them, apparently they sensed my loss of interest and disappeared. By January, Ed and I were established as a couple.

One other remarkable (to me, anyway) thing happened at college. Ed also decided against the Greek system, but he did join an independent men's organization started by some ex-G.I.s. Most of the other guys were married or dating non-college women, so I got to be the Homecoming Queen candidate for the independents. I was definitely not in the queen category for appearance or social skills, but I had a great time attending the tea and other events for the candidates. And on Homecoming Day, I was out on the football field wearing my mum corsage!

Ed and I got formally engaged in June of 1954 and were married in June of 1955, three weeks after college graduation. Every year Wittenberg sends us a Wittenberg Sweethearts Valentine.



Nancy Lewis lives and writes in Ames. She can be reached at nswlewis@hotmail.com.


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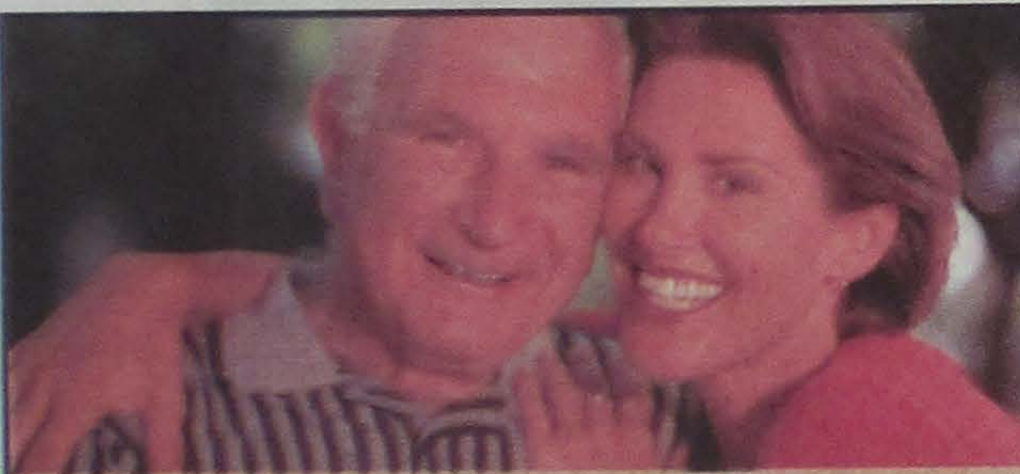
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Relationship Rx:

A chat with Lisa Griffith



Photo by Nirmalendu Majumdar

By SARAH RAATH

Relationship troubles are common this time of year, but communication can help conquer them, according to Lisa Griffith, a mental health counselor.

Griffith conducts group therapy at Mary Greeley Medical Center with patients who would otherwise be hospitalized. She's seen firsthand the obstacles relationships face this time of year. With the holidays still fresh in our minds and Valentine's Day on the horizon, Griffith said it is inevitable that lines of communication break down.

Rx One: Set Realistic Expectations

"Generally, we see people who never developed the tools to have good communication skills," she said. "They have unrealistic expectations of what a relationship should be. They have a Hallmark situation in mind, or they think they will change if they're with a certain person."

It should come as no surprise, then, that during and after the holiday season people expect "everything to be magical, even if they haven't had a good relationship all year," Griffith said. "People go back to their families of origin, and the parents' and kids' expectations are both unrealistic. Add alcohol and financial stress to the mix, and it's no wonder there are so many issues to deal with."

Rx Two: Communicate Clearly

So, what can we do to improve our relationships? Griffith said the key is communicating clearly with your partner.

For instance, if your idea of an enjoyable Valentine's Day is to visit a restaurant and see a show, but your significant other would rather make dinner and watch a movie at home, you must communicate your wants and needs. Without this exchange, women may end up expecting their partners to read their minds.

Or, if you've been hoping for a diamond ring, you should realize your deep emotional needs behind this desire, and convey them to your partner. It's not as simple as a material possession.

Griffith reiterated that communication is crucial, whether you have been in a relationship for five months or five years. Otherwise it is impossible for a partner to meet your needs. Even if married couples have been together for years, the secret to preventing a relationship from breaking down is to talk.

"It sounds like a cliché," Griffith said, "but we often forget that simple tool of talking to each other. Even if

you're in a solid relationship, you still need to be kind and voice what you need."

Rx Three: Seek an Objective Opinion

If you find yourself having an ongoing relationship difficulties that reappears again and again, Griffith suggests it might be time to get an objective opinion from a relationship counselor.

"A lot of people come in and expect to feel better without doing anything," she said. "Of course that's not going to happen. There is no quick fix. We teach people to meet their own emotional needs and to nurture themselves, and then they can get and give from a partner. Across the board, people forget that they still have to take care of themselves."

Rx Four: Set Boundaries

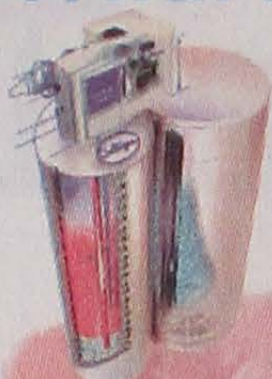
Even friends and family often come to Griffith for advice. While she listens to their concerns, she sets boundaries. But she doesn't regret her role. Griffith was a registered nurse for twenty years, then went back to school to earn her Master's degree in clinical psychology.

"No matter what I was doing, it seemed that there was always a relationship involved," she said. "Combining nursing with psychology has helped me. Now if I'm having difficulties in my relationships with people, I step back and ask myself if I'm communicating well."



Sarah Raath is a freelance writer from Ames. She can be reached at sarahr34@hotmail.com.

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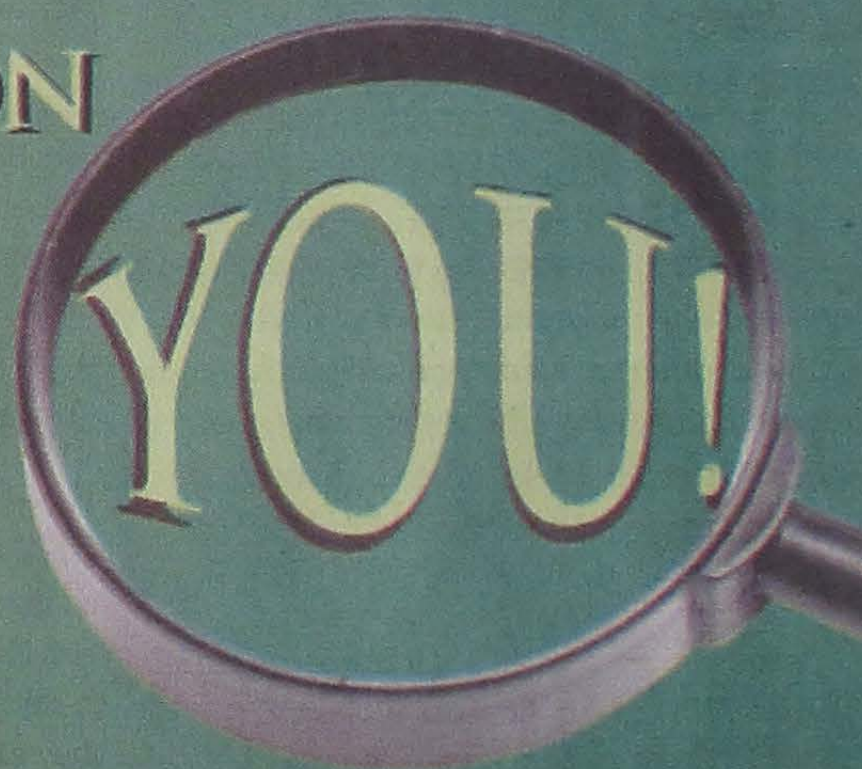
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Learning to Relate to yourself

By DEBRA ATKINSON

Women have been described as the weaker gender. All the while they have strengths beyond words.

They celebrate one another's success even as they experience loss. They laugh when they want to cry. They come running to a friend in need. They smile at the thought of weddings and babies.

Women cheer for promotions, graduations and wins. They cheer you up when you are blue. They know kisses and hugs can mend both broken hearts and scraped knees.

With all their strengths, many women share one common weakness. They too often devalue themselves. For many central Iowa women, physical wellness is a path to greater relationships with themselves, God and others.

Unique as every woman is, they all do just three things. They think, feel and do. If you know how you feel, you will reveal how you think. You will know how the actions or inactions in your life are affecting you. Unfortunately, the tendency to do the opposite — base actions on feelings — is strong. Unless you make a habit of doing something else you'll be at the mercy of your moods and whims.

Consider what happens when I ask new exercise recruits what they feel like doing on their first day. Most feel more like ordering a pizza and an adult beverage than they feel like doing the workout before them. The actions come first, then the thought process changes and emotions are affected. By next year at this time, the same women will respond differently.

You can change the way you think, change your actions and change your feelings. But, you can't wait until you feel better to start changing your thought patterns and behaviors.



Denise Doyle is a woman who had a life changing thought and action shift. Last summer, she went through a series of events that included a diagnosis of Type 2 diabetes on July 6. Since that time she has lost ninety pounds. In exchange, she has gained a sense of self and value that she doesn't remember having before now.

"I haven't felt this good about me in 20 years," she exclaims. "I am just happy. I feel completely different."

She struggles to describe the intangible changes that have happened to her. Every relationship in her life is better. Her four children let her know they are proud of her. She isn't as tired any more, doesn't mind taking them places and enjoys doing more with them.

Spiritually, Doyle explains that the physical changes that enhanced her own acceptance of herself have led to her being more at peace with others, in many facets.

"I see things better. I see I have choices in the decisions I make. I just have a feeling that I am going down the right path," she reveals. Her new sense of clarity helps her deal with every day stressors better at home and at work.

"I've always loved my job, but that too is better. I am just happy."

Thinking about losing weight and getting in shape wasn't new to Denise. Like many women though, she put it off by putting herself after others on the priority list. Every Monday she intended to start, but there was an obstacle. The diabetes diagnosis was a wake up call. It caused the abrupt change in thinking and the call to action that she needed. As she continues to exercise and eat right in order to maintain her health, she receives a lot of positive attention.

"I never used to be able to take compliments. Now I can, thank you."

continued on page 12

FACETS calendar

If you have an event that would be of interest to Facets readers, please send it to dkraemer@amestrib.com with "Facets Calendar" in the subject line.

Sunday, Feb. 3 — Joe Muench Lecture and Gallery Walk, 2 p.m. at the Brunnier Art Museum. Joe Muench, associate professor in Art and Design, will lead guests on a tour through the Brunnier Art Museum's exhibition of "Albert Paley: Portals and Gates."

Thursday, Feb. 7 — "How Did They Do That?" 7 p.m. at the Christian Petersen Art Museum. Have you ever stopped to think about how traveling exhibitions get to a museum? "Albert Paley: Portals and Gates" is a particularly impressive exhibition... and the works of art are particularly difficult to transport! Go behind the scenes with university museum staff to hear the solutions that allowed us to present such a stunning exhibition.

Saturday, Feb. 9 — Featured Artists during February, 12 - 2 p.m. at the Octagon Art Shop, 427 Douglas Ave, Ames; Jewelry artists Tina Rice and Amber Russell will be demonstrating their creative techniques. 232-5331; www.octagonarts.org.

Sunday, Feb. 10 — Art Book Club, "The Medici Conspiracy," 2 p.m. at the Brunnier Art Museum. This is a true-life thriller that exposes the network behind the illegal

trade in ancient artifacts. It features a rich cast of miscreants—as well as some of the world's most prestigious art institutions.

Wednesday, Feb. 20 — Wednesday Walk, "Agriculture, Animals, and Art," noon on the ISU campus. Join us as we focus this semester's Wednesday Walk series on the presence of agriculture and animals in the art on Iowa State University's campus. This Wednesday we will begin with a look at Grant Wood's mural cycle, "When Tillage Begins, Other Arts Follow," at Parks Library, then continue with Doug Shelton's "Unlimited Possibilities," "What We Love About Iowa State" by Sticks, and Nina Ward's "On the Shoulders of Giants." Meet at the entrance to Parks Library.

Saturday, Feb. 23 — "Brunnier Bash: A Masquerade Ball," 7 p.m. at the Brunnier Art Museum. Bring your own mask to this formal dress event or create an original mask at the door. Mask judging will take place from 7 to 8:30 p.m. Live music, entertainment, hors d'oeuvres and cash bar will be available throughout the evening. Single tickets are \$5, couples are \$9, and tickets sold at the door are \$8 per person. For more information, go to www.museums.iastate.edu or call 294-4442.

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Michelle Jans of Maxwell is a physician's assistant who began to seriously change her lifestyle habits in March of 2005. She began running in June of that year, and it was as much spiritual for her as it was physical. The wife of one of her patients was terminally ill. As she ran, Jans was 'talking' to her, willing her strength. A year later Jans dedicated a road race to the dying woman who passed away two weeks afterwards.

"Exercise, especially running, is cleansing, rejuvenating," she remarks. The balance in life and the time for self that many women seek and feel they lack, often does come during exercise if at no other time.

"I am more goal oriented," Jans attests to the influence of fitness goals in her life. Her relationship with her personal trainer during her lifestyle change was one source of support and accountability.

"It was like buying a friend," she said. "A friend whose specific role is to know what is best for you and then to motivate you and hold you to it. It's invaluable." Jan's trainer also gave her guidance in the strength training area she knew little about.

Jans now takes the lead in influencing others to get started. She tries to get her patients, friends and family to do what she is doing. Recently she was guest on a radio show, combining her personal experience with her medical knowledge of the

positive benefits of exercise.

Like exercise, women can be life change agents. The strength of their relationships may be the reason for change, not only in their own lives, but also in the lives of many others.



Debra Atkinson is a personal training director at Ames Racquet and Fitness Center. She can be reached at debra_atkinson@msn.com.



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In 1998, Project Linus was started with the hope of benefitting children of need. The mission statement simply reads, "It is our mission to provide love, a sense of security, warmth to our children who are seriously ill, traumatized or otherwise in need of through the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers."

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My pet, my valentine

By SUE ELLEN TUTTLE

While Marcia Brink, Kris Hull and Leslie Reed-Silhanek have never met, they ardently agree on two things: (1) A woman's relationship with her pet(s) enhances the quality of her life as well as the quality of the lives around her, and (2) pet ownership is a serious responsibility requiring commitments of time and expense.

When Leslie Reed-Silhanek first met her husband, she told him flat out that she loved animals and was going to have a lot of them in her life. It was a qualifier of sorts; she knew some people would not be okay with that. It impressed her that Raymond wasn't afraid of her sun conure parrot. "Keeli would attack every guy I dated, but Raymond took time to establish a relationship with her, which in turn impacted my relationship with Raymond," she recalled.

The third year vet student, who currently shares her home with three parrots, two bunnies, three cats, a dog, three fish and a turtle (and one husband), has never been without a pet. "I probably wouldn't be a vet; I probably wouldn't be the person I am today," she mused, acknowledging the influence animals have had in her life.

Reed-Silhanek's relationship with her pets varies from the low-maintenance turtle and fish to the bonded-well-to-each-other rabbits to the affectionate cats and dog. "But," she made it clear, "we are bonded to the parrots on completely different levels."

"With Earnie, our blue and gold macaw, it's like adopting a toddler for the rest of your life," smiled Reed-Silhanek, adding,

"He is saying the same kinds of things as friend's toddler, but more clearly. Ernie is also actively 'beaking' which is like teething, where he has to have something to chew on. He flings food across the kitchen. He snuggles in my arms and coos."

Reed-Silhanek described Jayce, her Congo African Grey parrot, like a four-year-old in development. "He makes us laugh ... the things he says ... mimics just about anything ... he does the phone ringing where

he'll say "beep" to answer and then have a conversation and then "beep" again to hang up," she said.

Parrots thrive on human interaction, and toys are very important. They need to be rotated to offer new colors, new shapes, new challenges, according to Reed-Silhanek. "But toys are expensive and we are students ... don't have money ... so we will make wood toys, go to Goodwill and get teether rings, etc. People think we have kids, all the toys," she laughed.

Reed-Silhanek plans to have children one day, but for now she is devoted to her pets.

"Ernie will hang by the tip of his beak, and my heart will stop," she confessed. "I can't imagine what it will be like to have kids."



To keep Keeli, Jayce and Ernie safe, Reed-Silhanek is careful to "parrot proof" her home by getting rid of non-stick cookware (because it emits a gas that is toxic to the parrots) and taking care with aerosols, perfumes and candles.

Photo by Small Dog Productions

"One can never have too many animals," Kris Hull said. The mild-mannered first grade teacher came from a long line of animal people raised with a deep respect for nature. She still lives in the house where she had her first pet, a dog named Cricket.

Fifteen years ago she finally got the horse she always wanted. Ten other pets, including two rabbits, five cats, a dog, a guinea pig and one hedgehog, now live with her at home. Two of them, a 3-month-old sibling pair of mitted ragdoll kittens, sleep with her. Three of them spend time with her at school.

"Pets are a great communication tool, especially with the quieter or troubled student," Hull said. "Pets are common ground that allows them to open up more."

Willow, a very laid-back bunny who died after an extended illness, was especially close to Hull's heart. "He would come up to the kids," she remembered. "Rabbits aren't normally so friendly." During the five years of his life, the two formed a special bond. "He would sit at my feet while I graded papers and I would pet him with my feet."

So when Hull rescued a lop-ear bunny last August, she took him with her to school. "Doesn't replace my Willow," she said. "But close."

Citing the opportunity to allow

students relationships with animals as the main reason for having class pets, she also enjoys sharing her own love of animals with students.

"I have students come in at the end of the day who weren't even my students to see the pets," she noted.

An African hedgehog named "Hedgie" is one of Hull's class pets. Her favorite children's author, Jan Brett, writes stories featuring a hedgehog character.

"They are pokey, not cuddly," Hull advised. "I don't recommend going out and getting a hedgehog with the idea of having a companion pet." But in the

classroom Hedgie offers a unique relationship, and one that not every kid sees.

"I just love him," Hull professed, as the small animal made noise in her hand. "He's revving up the engine," she observed.



Photo by Small Dog Productions

Hedgie is just one of around thirty pets Hull has enjoyed in her lifetime.

Hull can't imagine life without pets.

"It's just part of me, the unconditional love; watching is pure entertainment."

Her next animal? "A rat — for school. I hear they are good pets. Very intelligent. You can teach them tricks," she said with an easy smile.

Total pets owned in the U.S. in millions:

Bird	16.0
Cat	88.3
Dog	74.8
Equine	13.8
Freshwater Fish	142.0
Saltwater Fish	9.6
Reptile	13.4
Small Animal	24.3

An estimated 63% of all U.S. households own a pet.

Total U.S. pet industry expenditures have doubled in the last ten years; an estimated \$40.8 billion was spent on pets in 2007.

In 2006, \$38.5 billion was spent on pets in the U.S.

Food	\$15.4
Vet Care	\$9.2
Supplies/OTC Medicine	\$9.3
Live animal purchases	\$1.9
Pet Services such as grooming & boarding	\$2.7

- from 2007-08 National Pet Owners Survey or other market research sources gathered by the American Pet Products Manufacturers Association (APPMA). For more information visit www.APPMA.org

It was not the best year for Marcia Brink. But having made the commitment to spend her lunch hour with her son's Yorkie, she did. Surprisingly, Brink said, "It was the highlight of my day, seeing that happy, wiggly being. I would smile the whole hour."

Because this was the only dog she had known, Brink loved him. She couldn't resist. She considered getting a Yorkie, but reading about the energy level of terriers didn't fit with her low key personality.

Brink spent the next year thinking and reading about breeds. Her brother counseled, "If you're fifty-plus years old and you've never had a dog, you're not a dog person. You don't have the dog gene."

Brink worried that it was true. "I had seen how people bonded with their

dogs," she said. "And I was afraid I wouldn't be the alpha dog."

Then she read about dogs bred just for companionship that count on being around people. Brink started visiting rescues and a whole new world opened up to her.

One day she visited a woman who was fostering 11 dogs, including an 8-year-old sibling pair of Shih Tzus.

"I sat down and Tubby jumped on my lap. He stayed there the whole time and just looked at me," Brink said, adding that Tessie would check in and then go explore a bit. "I figure they picked me more than I picked them."

Tessie and Tubby make life better, according to Brink. "Their temperament is soothing," she said. "It's good for me. They get me outside and I'm not a real outdoor person. Everybody stops to talk,

greet the dogs. They make me feel good; everything they do is adorable."

Stroking Tubby's ears, Brink confided, "They have this long winter coat right now mornings are great ... bad hair, ears over head ... it is darling to wake up to."

And being the alpha dog? "That has not been a problem," Brink said.

"Teaching them when to stay and sit so I know when they need to do that, they will. They mind well; someone loved them well along the way."

Brink believes anybody thinking about getting a dog should give it some serious thought. "It's a commitment of time and expense. And you have to plan around them; you can't just come home from work and leave again. They have needs."



Photo by Small Dog Productions

Tessie and Tubby are "kind of like fluffy pillows...they plop somewhere, but as soon as you want to go do something they are right there," said Brink.

AMY CANTAZARO, a Human-Animal Bond Specialist with the Iowa State University Veterinary Medicine Clinic, provides counseling for families facing the loss of or treatment decisions surrounding their pets, and she educates veterinary students in communicating with pet owners. She offers the following thoughts about relationships with pets:

ON HEALTHY RELATIONSHIPS: A healthy human-animal bond considers both what people need from their pets and what their pets need from them. For some the bond is very deep. For others the pet is simply a companion.

ON BENEFITS: Pet owners may enjoy benefits including decreased blood pressure, lower levels of depression and the joy of companionship. Animals are often used in therapy environments for children with disabilities to assist social skills or in nursing homes to liven things up. Their abilities to improve well-being and health are endless.

ON RESPONSIBILITIES: It is important to provide proper veterinary care for healthy pets, like vaccinations and spaying/neutering, as well as for those who are ill or injured. Pets also need attention, interaction and love.

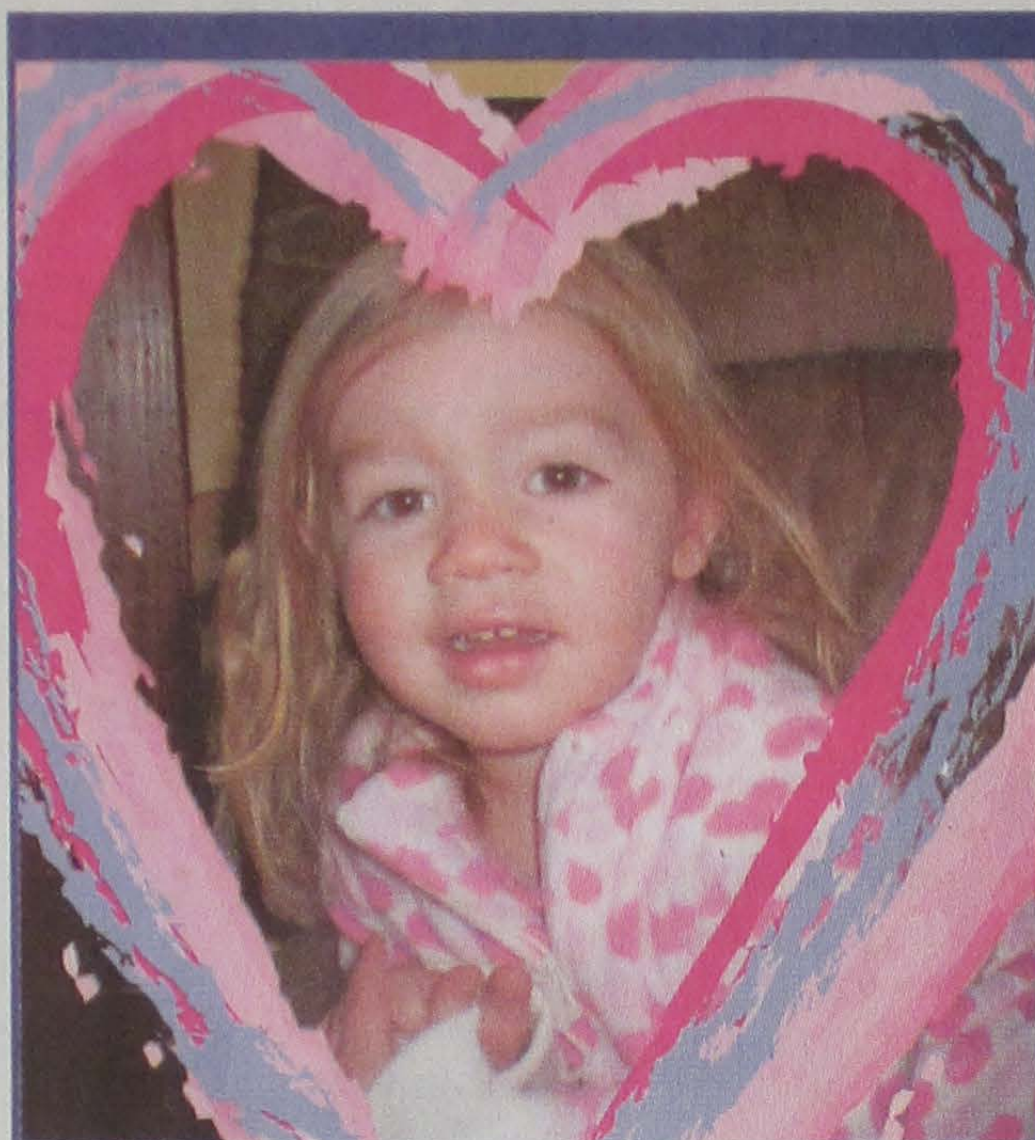
Next in the pet industry...

Writing about the "continued humanization of pets" for Small Business Trends (www.smallbiztrends.com), Laura Bennett identifies trends likely to effect pet-related small businesses in 2008. These trends are briefly outlined here. Bennett is the CEO of Embrace Pet Insurance www.embracepetinsurance.com

1. Spending on pet supplies and OTC medicines will continue to increase as the population ages and pets take the place of children at home.
2. Pet parents are including pets in their own lifestyles so visits to the spa, exercise regimes and hotel-quality accommodations for day care are becoming more common.
3. In 2007, the number of states allowing pet parents to set up trusts to continue care of their pets when they die rose to 38.
4. Pet parents are investing more in pet health care, taking advantage of human technologies and high end diagnostics, and demanding the same treatment options for their pets as they can get for themselves.
5. At least two more pet insurance providers launching in 2008 will bring the total to 11 providers; some anticipate a few of the largest big box retailers to get in the game to take pet insurance mainstream.
6. Hybrid dogs started muscling in on the purebred scene in 2007; now we will see the rapid growth of the puppy farm hybrid. Bennett predicts a multitude of new players will enter the market.
7. Larger companies recognizing the economic potential of the pet industry continue to move into the full service arena to encourage one-stop shopping and customer loyalty.
8. Large companies are buying or interacting with small businesses behind the scenes, via investment and/or marketing alliances.
9. Increased online sophistication from pet-related businesses in ecommerce, design and usability offer businesses an opportunity to stand out from the crowd.
10. Pet-related s continue to grow in their influence.
11. From day trips in the car to trips abroad, more and more people are including their pets in their travels.



Sue Ellen Tuttle is owner of Small Dog Productions photography. She can be reached at 232-3203 or talkto@onesmalldog.com.



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Relationships

Flourish in unexpected places

At first glance, the front lawn of a fraternity house, a college board meeting, a parents' home and the ISU School of Business don't seem to have much in common. But for four Ames area couples, these ordinary places hold fond memories. They're the places where the happily married pairs met.

By JOLENE PHILO

Tau Kappa Epsilon Fraternity Mixer, September, 1967

Kathy Carothers met her future husband when she was a freshman at the University of Louisville. As a new Kappa Delta pledge, she attended an evening house meeting after her first day of classes. After the meeting Kathy and several other sorority sisters, including her KD big sister, walked over to a mixer hosted by the Tau Kappa Epsilon fraternity.

The young women visited with a group of TKEs on the front lawn of their house. One of those was Greg Geoffroy, a senior. "After a few minutes, the rest of the group moved on, but we talked until the mixer was over," Kathy says. "Six weeks later Greg asked me out to a football game, and we dated steadily from then on."

They became engaged in May of 1969 and married on April 17, 1971. This spring Iowa State University's first couple, Greg and Kathy Geoffroy, will celebrate thirty-seventh wedding anniversary.



Greg and Kathy Geoffroy met on her first day on campus at the University of Louisville. They will celebrate thirty-seven years of marriage on April 17 of this year.



Contributed photo

Todd Dorman and Katherine Perkins met while covering a board meeting at Iowa Central Community College in Fort Dodge.

Iowa Central Community College Board Meeting, March 1995

When Katherine Perkins read Todd Dorman's stories in the Fort Dodge Messenger in 1995, she wasn't thinking about romance. Still, she liked the way he used humor and thought he sounded fun.

But she didn't expect to meet him, especially not while on the job covering a college board meeting for Fort Dodge's public radio station, KTPR. Being

new to the beat, she sat in the general public section until someone directed her to the area designated for the media.

"Over there, by Todd Dorman," someone told her.

"That's Todd?" she thought. As soon as she moved to the media area, the Iowa Central Community College Board went into closed session. Todd and Katherine chatted as they waited for the board to return to

public session.

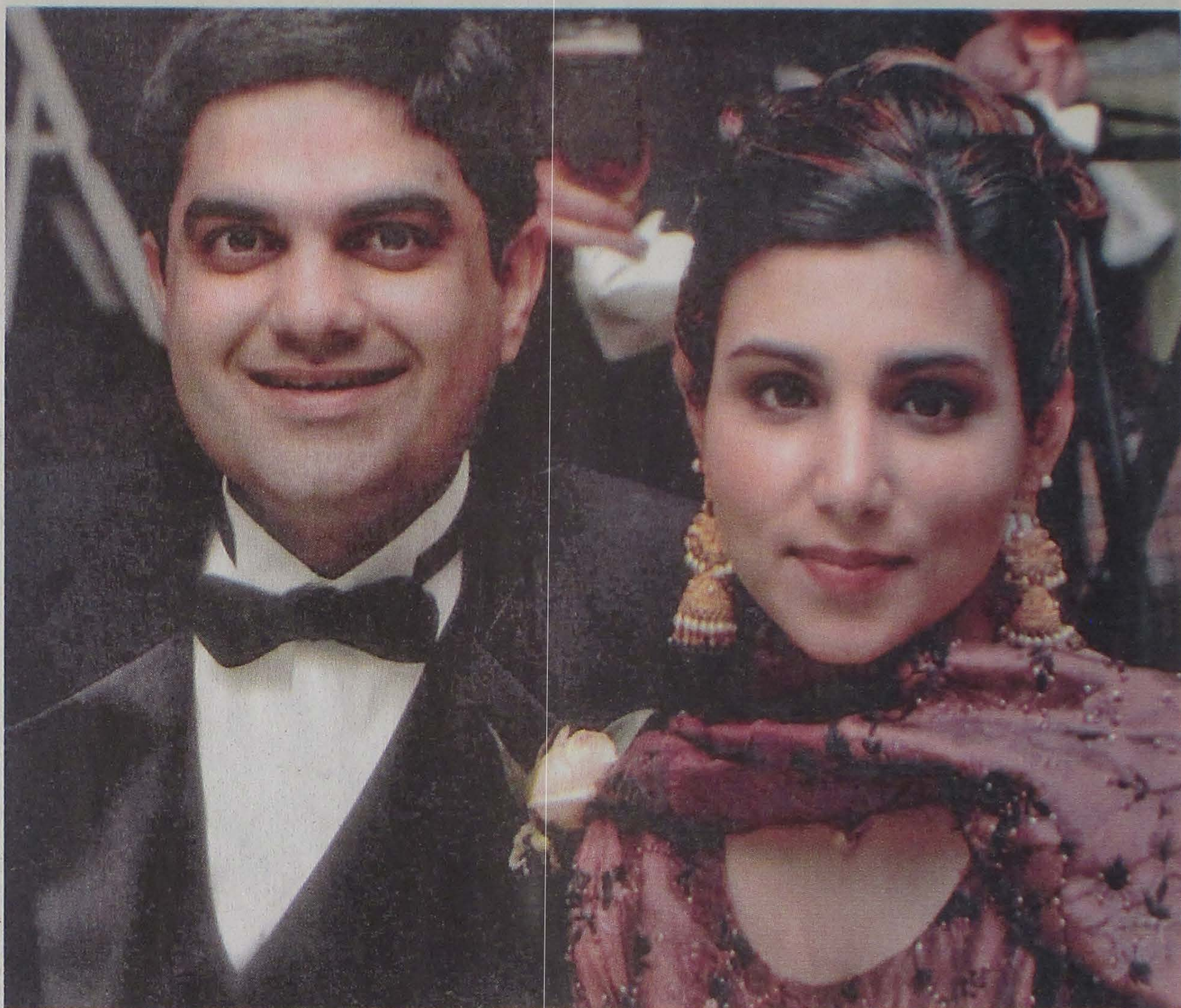
"Todd was so charming and funny, I knew I wanted to see him again – but just as a friend. So I gave him my phone number," she recalls. Soon after, he called and they began dating.

Todd and Katherine were married on Sept. 11, 1999. When Katherine was hired by WOI Radio, the couple moved to Ames. Todd worked in Des

Moines as the Statehouse bureau chief for Lee Enterprise Newspapers until a few months ago when he began working for the Cedar Rapids Gazette.

The Dorman family, which now includes two young daughters, recently moved to Marion. But thanks to long distance, modern technology Katherine Perkins still sits in WOI's media section. You can listen to her on the dial at FM 90.1 or AM 640.

Contributed photo



Soul mates Imran and Noveen Dotani were introduced to one another in her parents' home.

In Her Parents' Home, Summer 1993

Before she ever met him, Noveen Haroon knew a lot about her future husband. Her parents, who had immigrated to North Carolina from Pakistan, and his parents, still in Pakistan, followed the tradition of their native country by arranging their children's marriage.

Noveen, Nina to friends and family, had a great deal of say in the matter. After her parents received several marriage proposals on her

behalf, they narrowed the field to the three or four they thought best suited their daughter. Then they gave the proposals to Nina who reviewed them carefully and made her final choice: Imran Dotani, a young doctor completing his medical studies in Philadelphia.

Imran and Nina were engaged before they met, though they had exchanged pictures. Their first meeting took place in her parents' home in Raeford, North Carolina. The

couple spent the following year getting to know one another. With him in Philadelphia and her in North Carolina, many of their conversations were by phone. But they also saw each other several times, in the presence of a chaperone. "By the time we got married in September of 1994, we were soul mates," Nina says.

When Imran came to Ames as a McFarland Clinic interventional cardiologist, the couple had been married for almost

ten years. Today, after fourteen years of marriage and the births of three sons, they're still soul mates.

"For us this was the best way," Nina says. "Our families already knew one another and get along well. We're one big, happy clan. That is one key to a good marriage, along with compromise. And over the years, we've learned to compromise."

The ISU College of Business, Fall 1989

The owner of Storybook Weddings, a bridal shop located in Boone, did everything she could to discourage her future husband's overtures. Iowa State University accounting professor Marv Bouillon first noticed Vicki, who typed more than 100 errorless words a minute, when she took a job as a research typist at the College of Business. He asked her out a few times, but she always refused.

Vicki thawed a little when the accounting department secretary, Vivian Nelson, put in a good word for Marv. But Vicki didn't take him seriously until he sent her a dozen pink roses in the spring of 1990. "That's when I realized he really did want to date me," Vicki says. "I decided I'd go out with him, but that didn't mean I'd marry him."

A little more than a year later, the couple married in what many at ISU consider the most romantic spot on campus — under the Campanile.

Marv still works at ISU as chairman of the accounting and finance department. But not Vicki. As owner of Storybook Weddings, romantic weddings are now her business. The whole family, including their three children, has worked in the shop off and on since it opened in 1999.

These days, Marv's college duties don't leave much time for the retail business. But every once in a while, he sends his wife a dozen pink roses, for no particular reason.

"He just surprises me," Vicki says with a smile.



Jolene Philo is a freelance writer in Boone. She can be reached at jolenephilo@mac.com.



Vicki caught the eye of her future husband, Marv Bouillon, when she took a job as a research typist at ISU's College of Business.

[FOOD BITES]



A healthy breakfast:

photo by Jolene Philo

It's in the Bag

By JOLENE PHILO

Breakfast is the most important meal of the day. But in today's world, fixing a rib-sticking breakfast isn't easy. Several years ago, in an attempt to make breakfast healthier and mornings easier, I searched for a whole grain muffin recipe to make ahead and freeze. When the search proved fruitless, I altered an oatmeal muffin recipe from the Betty Crocker cookbook (1976 edition) my grandmother gave me when I got married. I exchanged sugar for honey and replaced most of the white flour with whole wheat. After three or four tries to get the ratios right, a new breakfast favorite was born.

This recipe can be doubled or tripled. A dozen muffins fit in a gallon freezer bag. On busy mornings, take out what you need and heat them in the microwave. Combine with fruit or fruit juice, and you've got a breakfast that will last until lunchtime.

Honey-Oatmeal Muffins

1 egg, beaten	1/3 cup corn oil
1/2 cup honey	1 cup buttermilk
1 cup whole wheat flour	3/4 cup white flour
1 cup oatmeal	1/2 teaspoon salt
1 teaspoon baking powder	1/2 teaspoon baking soda

Preheat oven to 350 degrees. In a medium bowl combine beaten egg, oil, buttermilk and honey. Stir. Mix the dry ingredients together and add to liquid mixture. Stir by hand until dry ingredients are moistened, but batter is still lumpy. Line muffin pan with muffin papers. Spoon batter into cups until they are 3/4 full. Bake for 20 to 25 minutes until the edges turn golden brown. Serve them warm. Or let them cool and store in gallon freezer bags. Makes one dozen.

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- Visit the web site at www.paulsgrains.com for a price list and e-mail ordering instructions.
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- Order their products through the Ames Farm to Folk network at www.farmtofolk.com.
- Visit Wheatfield Grocery, which stocks some of their products.



Jolene Philo is a freelance writer in Boone. She can be reached at jolenephilo@mac.com.

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Ria and a client discuss a treatment plan.

Ria Keinert

Physical Therapist Body-Worker | 2008 President Main Street Cultural District | Owner HealthWise Resources Health & Wellness Center | Introduced Buskers to Main Street | Family: Husband Fritz, ISU Math Professor, sons Marcus 16 and Thomas 19, and part-time dog Elvis

Ria's favorite meal is: the Café's salad greens with grilled salmon. Yum!

Craziest fashion you ever wore: My Jo Myers-Walker hand-painted bright orange coat. It features dolphins, octopus and fish. It raises a few eyebrows and brightens every day.

If you could do anything you want, what would it be? I dream of traveling the Mediterranean region by train; this summer, to celebrate my 50th birthday, my husband and I will make that dream come true.

I secretly love: Game shows. Don't tell anybody.

What makes you happy? Helping my patients get out of pain makes me tremendously happy. It is what nourishes and motivates me.

What is your motto? "Releasing pain from head to toe."

I never leave home without: my nose flute.

Your best tip for looking and feeling great: Great posture takes 10 years off your appearance. Raise your heart and relax your shoulders.

How do you reward yourself? A hot bath, a great glass of red wine and Bonnie Raitt music.

What are you thankful for: A loving 22-year marriage and two wonderful sons. And work I love.



What is your favorite kind of chocolate?

Ria Keinert: I love chocolate dipped candied orange peel from Temptations. Chocolate and orange go together perfectly!

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